



Coach Profile

Rachel Morris



Rachel is a GP turned Executive Coach specialising in Resilience and Productivity in the workplace. She works with professionals in high stress jobs, helping them transform how they approach life, enabling them to survive and thrive both at work and at home.

She offers one-to-one performance coaching for leaders, and focused coaching for resilience and productivity. She specialises in helping people identify where they may have become stuck in a pattern of thinking and responding to the stressful events at work and enables them to identify their triggers and change their response. She helps clients to take more control over what they can control and works with them to strengthen their relationships with their boss, their teams and their colleagues. As a GP, Rachel puts a high emphasis on personal wellbeing and personal leadership for effectiveness and believes that by making small changes, clients can see big results, and regain enjoyment of their work and in their lives.

Rachel works with a variety of organisations both within and outside the NHS to deliver coaching and training for resilience.

Qualifications/Experience

- Member of the Royal College of General Practitioners
- Fellow of the Academy of Medical Educators
- Masters in Medical Education, University of Dundee
- EMCC EQA Award Coach Practitioner Course
- Team Coaching Course, TPC Leadership
- MBTI Step I
- Co-Author of 'Teaching Professionalism' Chapter ABC Teaching and Learning in Medicine, BMJ Publications
- Tutor for PG Cert in Med Ed, Institute for Continuing Education, University of Cambridge

- Director of Leadership Courses, Red Whale GP Update Ltd
- Previous Lead for Professionalism University of Cambridge, School of Clinical Medicine
- Co-Chair of UK Council for Teachers of Professionalism 2015 – 2016

Specialist Areas

- Resilience and wellbeing
- Reducing stress and changing
- Leadership and performance
- Team coaching and team development
- Creating a resilient workplace

"Rachel's coaching has helped me to adapt to a new Clinical Director role much quicker than I could've achieved myself. Great listening skills and finds the right questions to challenge and rethink your assumptions. I found her expertise in both coaching and medicine helpful, although her coaching skill stands for itself and would benefit anyone in a leadership role. Specific examples where Rachel's coaching has benefitted me include determining how to mix the competing demands of clinical and managerial work and working with others to ensure collaborative agreement."

